

Adult Fitness Programs



Lovettsville Community Center offers a variety of adult fitness programs to fit your needs. Not sure which class to take? Come try it as a drop-in (DI) - just pay the daily fee per class! All classes are for ages 16 & Up



Class	Description	Dates	Times	Fee	Webtrac Code
Zumba	A Latin inspired "feel happy" fitness class guaranteed to tone the body. You'll be sure to burn calories and become energized. With easy to follow steps this class is perfect for any fitness level!	March 2-May 25 *no class on 4/4, 4/18, 4/20	Mondays & Wednesdays 7:00-8:00pm	\$7 per class	Drop In Only Drop In cards can be purchased in the Office
Turbo Kick	Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss!	March 8	Tuesday	FREE	FREE DEMO
		March 15-April 12	Tuesdays 9:00-10:00am	\$38.50	302503-01
		April 26-May 31	Tuesdays 9:00-10:00am	\$46	302503-02 *No Drop In available for Turbo Kick
PIYO	Mix of both Pilates and Yoga exercises in a class that is designed to increase your strength and flexibility. Class is designed to accommodate students of varying fitness levels.	March 11-March 25	Fridays 9:00-10:00am	\$31/ \$11 DI	302700-01
		April 1-April 29 *no class 4/19	Fridays 9:00-10:00am	\$41/ \$11 DI	302700-02
		May 6-May 27	Fridays 9:00-10:00am	\$41/ \$11	302700-03
Rockbody Fit	Rock your body with resistance training and strength. This is a full-body workout! Bring mat and water.	March 10-March 31	Thursdays 9:00-10:00am	\$41/ \$11 DI	302701-01
		April 7-April 28 * no class 4/21	Thursdays 9:00-10:00am	\$31/ \$11 DI	302701-02
		May 5-May 26	Thursdays 9:00-10:00am	\$41/ \$11DI	302701-03
Fab Abs	Focusing on core stability and toning to help achieve your perfect waistline. Work those oblique's, lower abs, love handles, and core in this 30 min class!	March 2-May 25 *April 20	Wednesdays 8:05-8:35pm	\$3 DI	Drop In Only

Notes:	Participants should wear comfortable, athletic wear and bring water. Please bring a mat to PIYO.
Registration:	Online registration is available at www.Loudoun.gov/Lovettsvillecc or walk in to any Loudoun County PRCS Community Center.
Location:	Lovettsville Community Center, 57 E. Broadway, Lovettsville, Va 540-822-5284
Questions:	Please call the Lovettsville Community Center at 540-822-5284 or email lovcc@loudoun.gov

ADA - Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call 540-822-5284 or Adaptive Recreation 10 days prior to the start of the activity. Main # 703-777-0343, TTY# 703-771-5352